



SPECIAL POINTS OF INTEREST:

- Colon Cancer Screening Could Save Your Life!
- Wellness Seminars Planned

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WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 7

MARCH 1, 2016

March is Colorectal Cancer Awareness Month

Colorectal Cancer by the Numbers

- 1 There are more than 1 million survivors of colorectal cancer in the United States.
- 2 Colorectal cancer is the #2 leading cause of cancer deaths among men and women in the U.S.
- 3 At least 60 percent of deaths from colorectal cancer could be prevented with recommended screening.
- 4 Screening tests can find colorectal cancer early, when treatment works best, but 23 million Americans are not-up-to-date on screening.
- 5 Regular screening should start at 50 years old and continue until age 75 for most men and women.



The best way to prevent colorectal cancer is to get screened regularly. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened. Talk to your Medical Provider about when you should get screened- it could **SAVE YOUR LIFE!**

Source: www.FightColorectalCancer.org

JOINT PAIN SEMINAR TO BE HELD THIS MONTH!



THURSDAY, MARCH 3RD

9-10AM

MOB BASEMENT TRAINING ROOM

Speaker: Eric Gully, PT, DPT, MPT, CHI St. Joseph Health

This seminar will cover causes of joint pain and the latest treatment options. In addition, we will discuss ways aging adults can keep their joints healthy.

To register, click [here](#).

Need a Snack: Try one of these Low Calorie Options

Throughout the work day, you may find yourself in need of a snack. Snacks can boost your energy and supply essential vitamins and minerals; however, it is important for you to choose snacks wisely to avoid over consumption.

Snacks with 200 calories or less:

- One tablespoon peanut butter spread on slices of a medium apple
- One cup tomato soup with five whole-grain crackers
- Three cups air-popped popcorn sprinkled with three tablespoons grated parmesan cheese
- Tri-color veggie snack: 6 baby carrots, 10 sugar snap peas (or green pepper strips), 6 cherry tomatoes and 2 tablespoons reduced-fat ranch dressing for dipping
- Small baked potato topped with salsa and 1 ounce low-fat cheese
- Toaster waffle topped with 1/2 cup blueberries and 2 tablespoons low-fat yogurt
- Six whole-wheat crackers and one slice low-fat Colby cheese
- Fruit smoothie: Blend 1 cup fat-free milk, 1/2 cup frozen strawberries and 1/2 banana
- One 6-inch flour tortilla with 1/2 cup black beans and 2 tablespoons fresh salsa
- Quick-to-fix-salad: 2 cups mixed greens with 1/2 cup mandarin oranges, 1 tablespoon sliced almonds and 2 tablespoons reduced-fat dressing
- Mini-sandwich: Whole-grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard



Source: Academy of Nutrition and Dietetics



Save the Date!

Caregiver Seminar

April 6, 2016

MOB Basement Training Room

This seminar, led by Tricia Von Gonten with Comfort Keepers Senior Care, will help caregivers navigate the many issues that may arise when caring for an older adult. To register, click [here](#).

CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time

No class in March

CPR Renewal

No class in March

Defensive Driving

March 30th

8am-4pm at the MSC

NEXT CPR Classes will be April 27th

To register for a class, click [here](#).

Full CPR courses must have a minimum of four participants to make.



Know Your Benefits

Expecting a baby?

Enroll in Blue Cross Blue Shield's Special Beginnings Program

Help protect your health and your baby's health by signing up for this program. You can receive the personal attention and information you may need to care for yourself and your baby during pregnancy and up to six weeks after you give birth.

The Program includes:

- A healthy pregnancy calendar to help you keep track of your pregnancy
- Videos that cover topics such as eating habits, exercise, stress and more
- Details about each trimester and the physical and emotional changes in you and your baby
- A list of screenings and vaccines to help you prepare for your checkups

Enroll Today.

Call 1-888-421-7781

You can also find out more about the program by clicking [here](#).



The City of Bryan/BISD Employee Health Center will be closed on Friday, March 25th and Saturday, March 26th in observance of Good Friday and the Easter holiday. The Center will reopen on Monday, March 28th.

Also, if you or your dependent are a new patient to the Center, please click [here](#) to access the New Patient Packet. Print, complete and take them with you to your appointment. This will help minimize your wait time in the Center.



Open Monday-Thursday 7:30am-5:30pm (closed Noon-1pm)

Friday 7:30am-3:00pm (opened Noon-1pm)

Saturday 8am-Noon (minor acute illness only-call for appt.)

Limited walk-ins accepted from 7:30-8:30am during the week (acute illnesses only)

Call 979-821-7690 for an appointment!

Questions or concerns? Email CityOfBryanHealth@st-joseph.org

If you have wellness related news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

979-209-5050

lward@bryantx.gov

<http://wellness.bryantx.gov>